

FLYING RING CHALLENGES

Flying Ring Fun:

- Play catch with the ring similar to using a flying disc.
- Find a narrow post and play ring toss.
- Instead of catching the ring use your arm as the ring toss with a partner
- Catch the flying ring—
 - Behind your back
 - Between your legs
 - Above your head

Small Children Challenges:

- Put the ring on the ground and do these activities around the ring: Walk—Run—Gallop—Skip
- Put one hand on the ring and walk around it.
- Hop/jump over the ring.
- Race with someone to a designated spot to touch the ring first.
- Toss something to land in the ring like a beanbag.
- Play “hide and go seek” using the ring. Who can find the ring first?

Ring Games

Ring Golf

Ring Golf is played like the regular game of golf except you use a ring. You can be creative and identify the holes of your course by using a garbage can, tree, flag pole, etc. The winner of the game is the one who takes the least attempts to hit the holes on the course.

Keep Away

The object of the game is to keep the ring away from one or more people.

If several people want to play you can designate teams and keep passing until someone from the opposing team intercepts the ring. Do not allow any player-contact in this game to protect from injury.



Ring Football

The object of the game is for your team to catch the ring across the end zone. If the ring is caught in the end zone it is worth 6 points. If the ring touches the ground but your team member retrieves it you receive 3 points. During play you can not run with the ring, but will move it down the field with only passes. No contact is allowed in this game to reduce the chance of injury. Remember you do not need a regulation football field, just some markers to identify boundaries and end zones.